

# 1PUTT

## Putting Guide

It is a fact that with the more one putts you make, you will markedly enjoy your golf more.

Golfers commonly make the mistake of addressing their putt without their eyes directly over the ball.

Compounding this basic problem, it is also very common for a golfer to overextend their putting stroke going back and consequently impeding the acceleration through the ball with their forward putting stroke.

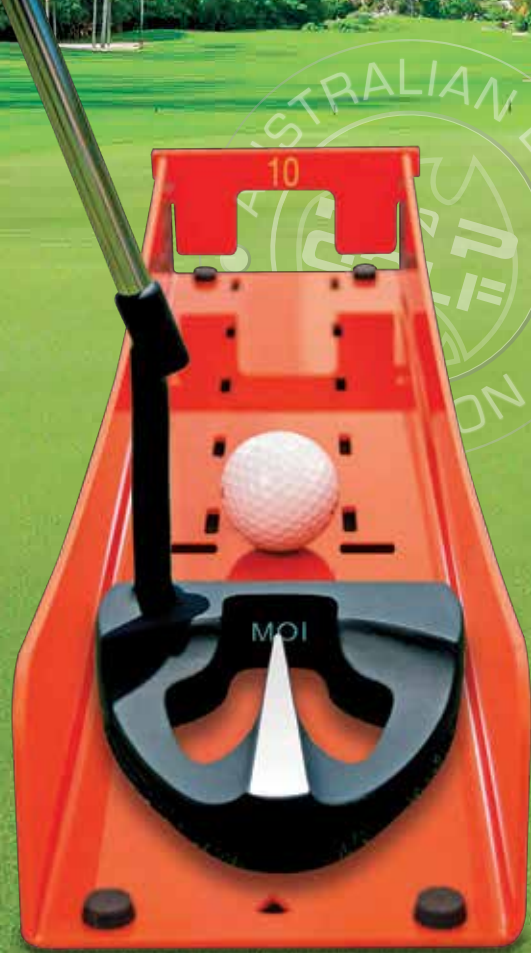
The **1Putt** Putting Guide is designed to not only prevent these common mistakes, but to increase a golfer's putting ability and thus confidence to make any putt from any part of the green.

### TAKE IT ANYWHERE - ANYTIME

**Perfect for the home, office, or on the Green.**

**1Putt** can be used on carpet, grass, or any grainy surface. When on these surfaces place the rubber feet point down.

On flat surfaces like tiles, timber etc., reverse the rubber feet to the flat pads and your are ready to go.



IDEAL FOR THE **SX1**

PERFECT SETUP & STROKE

# P N P GOLF

SHORT GAME INNOVATORS

5 Kembla Street, Fyshwick  
ACT Australia 2609

Within Australia: 02 6239 3462

International: (your country code) +61 2 6239 3462

[www.pnpgolf.com](http://www.pnpgolf.com)



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# Muscle Memory Stroke Exercise

## THE PUTTING GATES

The putting gates are designed to add an obtainable high level of skill to your putting.

The four gate openings are mathematically calculated to replicate the distance of a 4, 6, 8 and 10 foot putt.

*If you are able to hit the ball through the gate opening without hitting or knocking the gate over, you will hole a putt under normal golf conditions.*

## HOW IT WORKS

**Muscle Memory:** Our brains learn to repeat a specific set-up and/or movement when we practice the same action over and over again.

With its unique, simple set-up template and its patented variable putting gates, the **1Putt** Putting Guide, will;

- *help to give you a consistent and accurate pendulum stroke*
- *help to develop the correct posture, stance and set-up with your eyes directly over the ball; and*
- *by design, reduce the tendency to over-extend your back swing and follow through.*

*With reasonable practice you will have many more one putt greens.*

## PUTTING DRILL

1. Select the putting gate distance you wish to practice
2. Place the ball in the central hole position and visualize it between the slots. This will ensure your eyes are directly over the ball
3. Line up the putter head, square with the slots behind the ball
4. Using a pendulum stroke, accelerate through the ball, with the swing weighted for the selected distance.

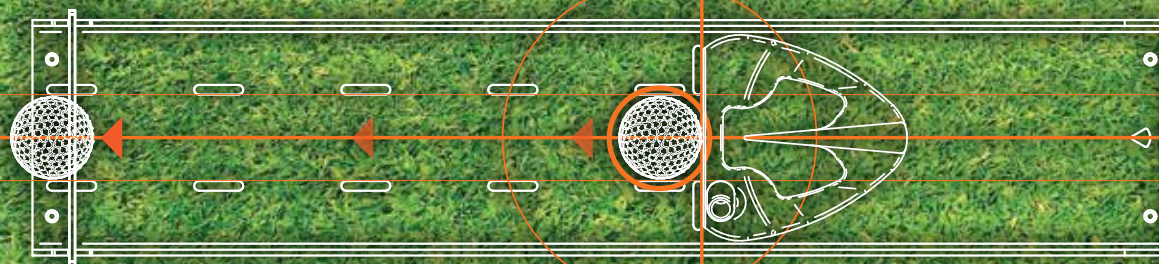
*Do not take the putter head back past the end of the guide. (See the diagram below)*

A good routine is to start with the 4 foot gate and work through to the 10 foot, however alternating this routine with specific putting lengths will make the drills more interesting and thus more effective.



# 1PUTT

Putting Gate



Perfect Alignment of Golf Ball

Align Putter Along This Line

*Back swing no further than this point*

*(face of putter to be in line with the back edge of the guide)*